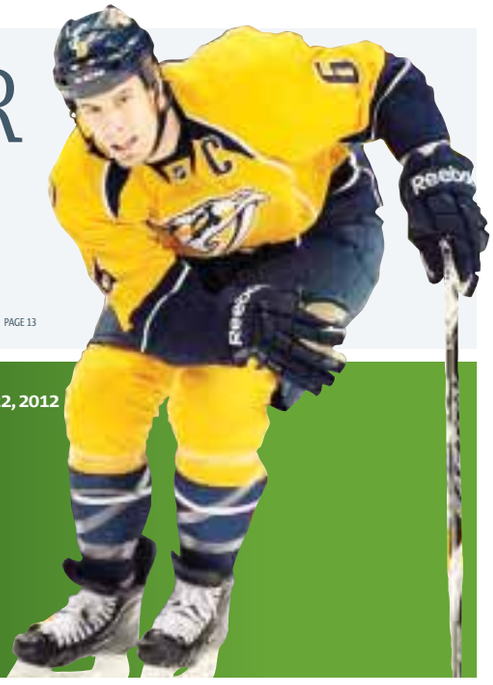
Toss up some freshness

This shrimp, avocado and feta salad is light on the calories and big on flavour PAGE 11

A FORCE FOR THE FLYERS

SHEA WEBER READY TO DITCH PREDATORS FOR A 14-YEAR DEAL WORTH $110 MILLION PAGE 13



SASKATOON metro®

WEEKEND, July 20-22, 2012

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Roughriders blow lead and winning streak in Calgary

CFL action. Calgary Stampeders erase 17-point deficit with late-game burst to beat Saskatchewan Roughriders in OT

Nik Lewis caught a 16-yard touchdown pass in overtime as the Calgary Stampeders rallied from a 17-point fourth-quarter deficit for a thrilling 41-38 win over the Saskatchewan Roughriders on Thursday.

Lewis finished the game with three touchdown receptions, while Larry Taylor also hauled in a late TD pass in the fourth quarter from Kevin Glenn. Rene Paredes kicked four field goals for the Stamps (2-2), who snapped a two-game losing streak. Calgary also recorded a turnover.

Kory Sheets ran for a pair of touchdowns for the Roughriders (3-1), who had the first possession in overtime, but had to settle for a 50-yard field goal by Chris Milo.

Chris Getzlaf and Weston Dressler caught touchdown passes from starting quarterback Darian Durant, while backup QB Drew Willy threw a TD pass to Neal Hughes.

Trailing 35-18 in the fourth, Calgary's Lewis then caught a 21-yard TD pass with 5:17 left before Glenn tossed a 20-yard touchdown pass to Taylor to pull the Stamps within three points.

The Stamps got the ball back and drove the ball 83 yards down the field, but had to settle for a 17-yard field goal by Paredes to tie the game at 35-35 with 29 seconds remaining and force overtime. THE CANADIAN PRESS

FOR OUR TAKE ON THE RIDERS' ROAD WARDROBE AND MORE CFL COMMENTARY, SEE PAGE 13.

Saskatchewan Roughriders' Efrem Hill dives into the end zone for a touchdown that was called back against the Calgary Stampeders during fourth-quarter CFL football action in Calgary Thursday.
JEFF MCINTOSH/THE CANADIAN PRESS

Police have eye on Angels

With the Hells Angels in town for their Canada Run, the city's police force is teaming up with colleagues from across the country to monitor the bikers PAGE 3

Rowing to the finish

Regina rower and veteran Olympian Rachelle Viinberg is seeking redemption in London after missing the podium in Athens and Beijing
PAGE 3

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Hells Angels roll into Saskatoon for national run

Gearing up. Police have plans in case of clash between outlaw bikers and rival gangs

MORGAN MODJESKI
morgan.modjeski@metronews.ca

As roughly 250 Hells Angels and 200 more associates descend on Saskatoon for the Angels' Canada Run, the Saskatoon Police Service is collaborating with police from across the country in order to monitor and enforce the roughly 450 bikers.

Det. Sgt. Len Isnor, head of the Biker Enforcement Unit of Ontario Provincial Police, was in Saskatoon to help the SPS monitor the group.

"This is a mandatory run for them. They have to be here, and if they're not here, they'll have to pay," said Isnor, adding there is no specific reason why the run is being held in Saskatoon.

Isnor said even though the event is a social one for the Angels, it's a time where members can communicate without fear of police interception, as well.

"They're not usually meeting face-to-face very often," said Isnor. "With the social media they have today, they have all kinds of ways of talking and speaking. However, they always feel they might be listened to, so a face-to-face meeting is always best."

The Saskatchewan Hells Angels have never been charged with any offences. But Isnor explained that nationally, the Hells Angels is a criminal organization, and have been involved with trafficking, extortion and even murder, noting how collaboration across police forces is important.

"There's no one police force in this country that can take on organized crime by themselves," said Isnor. "We have to work together in partnership."

A member of the Kelowna Chapter of the Hells Angels can be seen outside of the Saskatoon clubhouse located at 1135 Ave. Q South in Saskatoon. MORGAN MODJESKI/METRO

Regina rower Rachelle Viinberg, front, who will compete in London on July 29, is pictured with the Canadian women's eight Olympic rowing team.
COURTESY OF ROWING CANADA AVIRON

RACHELLE VIINBERG

Regina athlete's Olympic appearances now total three in a row

ROWING FOR REDEMPTION

DORIAN GEIGER
dorian.geiger@metronews.ca

Thirty-three-year-old Regina rower Rachelle Viinberg is hoping the idiom "the third time's the charm" rings true come the 2012 London Olympic Summer Games.

Viinberg, who came away empty-handed after competing at the Athens and Beijing Olympics in 2004 and 2008, respectively, is about to compete in her third consecutive Summer Games.

"The Canadian eight at this Olympics are the fastest Canada has ever had. We have so much support, a gifted coach, and the perfect combination of experience and youth," said Viinberg.

If the Canadian women's eight can best their American rowing counterparts in London, Viinberg's confident her crew has an excellent chance at medalling.

"This third one (Olympics) I know will be a completely different experience. To quote Saskatoon Olympic rower Jake Wetzel who won a gold in Beijing, 'the first Olympics is for spectating, the second is for competing, and the third is for winning.'"

Viinberg wasn't always a rower, though. From the moment she saw Calgary Olympian Mark Tewksbury win the 100-metre backstroke at the 1992 Barcelona Olympics, she aspired to be a swimmer. Once adolescence hit at 13, however, Viingberg decided to take a different route.

Ultimately, it was Viinberg's parents who introduced her to rowing.

"They helped me discover rowing after seeing all the rowers train every morning on Wascana Lake when they drove to work. I thought I had nothing to lose, and my six-foot frame seemed to be the ideal body type," she said.

Viinberg and her teammates compete in London on July 29.

What's something about rowing that most people don't know?

"Rowing used to be capital punishment in some countries. That's true, too. A lot of people don't know this, but rowing has also brought in the most Olympic medals of any other summer sport for Canada."

You're also a naturopathic doctor. What's that like and what do you do?

"I won't be working as a naturopath until after the Olympics. Basically we take a holistic approach to healing disease and optimizing health. We work with mainstream medicine, while trying to keep pharmaceuticals to a minimum."

1 NEWS

On the web

On the ropes

What doesn't kill you only makes you stronger, right? At least that's what one would hope after seeing a blindfolded tightrope walker plummet more than 650 feet. Go to metronews.ca to see the world-record attempt.

The cat came back — the very next decade

To say the cat's got their tongues might be an understatement. A missing cat was reunited with its owners 11 years after it went missing. Go to metronews.ca to find out how one family was reunited with their purrr-fect pal.

Mobile news

Even when bounding high into the air, Olympic trampolinists still have to keep an eye on the ground. Scan the code for one Canadian Olympian's secrets for staying on point and positioned.

Muslims prepare for Ramadan worldwide

Yemenis shop for food at a market in the old city of Sanaa, Yemen, on Thursday in preparation for the Muslim holy month of Ramadan, a time for dawn-to-dusk fasting, prayers and spiritual introspection. HANI MOHAMMED/THE ASSOCIATED PRESS

Hezbollah blamed in deadly bus attack against Israeli tourists

Bulgaria. Israeli PM threatens retaliation after five Israelis, driver and bomber killed

A lanky, long-haired man with a fake Michigan driver's licence carried out a deadly suicide attack on a bus full of Israeli vacationers, Bulgarian officials said Thursday.

Israeli Prime Minister Benjamin Netanyahu blamed the attack on Iranian-backed Hezbollah, a Lebanese Shiite Muslim guerrilla group, and threatened retaliation. Seven people — five Israelis, the Bulgarian driver and the bomber — died in the blast Wednesday.

Although no group claimed responsibility, Israel has attributed a series of attacks on its citizens around the world in recent months to Iran and its Shiite proxies, threatening to escalate a shadow war between the two arch-enemies.

Hezbollah used suicide attackers against Israeli troops during the occupation of Lebanon, but does not have a history of suicide strikes abroad.

On Thursday, Iran's state TV called Israel's claims that it was responsible for the Bulgarian attack "ridiculous" and "sensational."

The attack occurred shortly after the Israelis boarded a bus outside the airport in the Black Sea resort town of Burgas, a popular destination for Israeli tourists — particularly for high school graduates before they are drafted into military service. THE ASSOCIATED PRESS

An Israeli survivor from a bombing in Bulgaria cries as he arrives at the airport. DAN BALILTY/THE ASSOCIATED PRESS

Khadr. Lag in transfer 'unprecedented,' says ex-diplomat

The Harper government's foot-dragging on the return of Omar Khadr from Guantanamo Bay is "unprecedented" in light of the commitment it gave the U.S. that it would accept his transfer, a former diplomat says.

Gar Pardy, who spent more than three decades with Canada's foreign service, said it was on the basis of that commitment that Khadr pleaded guilty before a widely maligned U.S. military commission to war crimes committed as a 15 year old.

"It's more than extraordinary, it's unprecedented," Pardy said of Ottawa's inaction.

"I don't think there's any enthusiasm by any of the people in the Canadian government to see him come back to Canada — they're trying to drag it out in every way possible."

Pardy, who retired in 2003, is one of four people swearing affidavits in support of a new application by Khadr's lawyers asking Federal Court to order Public Safety Minister Vic Toews to make a decision on the file.

Omar Khadr CONTRIBUTED

Under his October 2010 plea deal, Khadr, 25, became eligible to transfer to a Canadian prison last fall. Toews, however, has steadfastly refused to authorize the transfer, saying Khadr's potential threat to Canadians needs to be evaluated.

In their application, which they hope will be heard quickly, Khadr's Canadian lawyers — they have been in Guantanamo Bay this week briefing him on the application — call the delay "unreasonable." THE CANADIAN PRESS

Again. Russia, China veto sanctions against Syria

Russia and China again vetoed a UN resolution Thursday threatening sanctions against President Bashar Assad's government if it didn't stop using heavy weapons in the escalating 16-month conflict.

The 11-2 vote, with two abstentions from South Africa and Pakistan, was the third double veto of a Syria resolution by Damascus's most important allies.

The vote also leaves in limbo the future of the 300-strong UN observer mission in Syria, whose mandate expires Friday.

Britain's UN Ambassador Mark Lyall Grant, who sponsored the Western-backed draft, said he was "appalled" at the third double veto by Russia and China.

It was a blow to Kofi Annan, the joint UN-Arab League envoy to Syria, who had called for "consequences" for non-compliance with his six-point peace plan, which the Assad government has flouted.

Annan had requested a delay in Wednesday's vote on the resolution and appealed to the council to unite behind a new resolution, but Moscow wouldn't budge and the West insisted on including the threat of non-military sanctions under Chapter 7 of the UN Charter.

That could eventually open the door to the use of military force. THE ASSOCIATED PRESS

No easy solutions to T.O. gun crime: Premier

Shooting victim Shyanne Charles CONTRIBUTED

Tougher laws and increased police presence alone won't curb a wave of violence that has shocked Toronto in recent days, community leaders and politicians said Thursday as police began laying charges in a fatal shootout at a block party.

"I don't pretend to have any quick and easy answer for you, and I don't know anybody who does," Ontario Premier Dalton McGuinty said during a news conference in Ottawa.

McGuinty's comments came as Toronto residents struggled to come to terms with violence that erupted at a block party in the city's east end.

Gunmen opened fire at the outdoor party, killing 14-year-old Shyanne Charles and Joshua Yasay, 23, and sending 23 others to hospital with gunshot injuries. Police announced an arrest in the case Thursday, charging Nahom Tsegazab, 19, with reckless discharge of a firearm.

Toronto Mayor Rob Ford has already weighed in on the issue by announcing his intention to appeal to Ottawa for immigration reform that would see those convicted of gun crimes banished from the city. THE CANADIAN PRESS

Navy

U.S. helicopter crashes in Oman

A U.S. navy helicopter crashed Thursday in the Gulf nation of Oman with five crew members aboard, according to the navy. Lt. Greg Raelson, a spokesman for the navy, gave no immediate word on the fate of the crew. No hostile activity is suspected. THE ASSOCIATED PRESS

Child abduction

Dad forgives man for kidnapping son

Admitted child abductor Randall Hopley was fighting tears Thursday in a B.C. courtroom as he watched a videotaped meeting between himself and Paul Hebert, the father of his three-year-old victim, where Hebert tells Hopley that he forgives him and thanks him for his son's safe return. THE CANADIAN PRESS

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Ford

Fire fears force recall of 2013 Escapes

Ford Motor Co. is telling Canadian and U.S. owners of one version of the brand-new Ford Escape not to drive the SUVs until dealers can fix fuel lines that can crack and spill gasoline, causing engine fires.

The company issued the unusual warning on Thursday and said it is recalling 2013 Escapes equipped with 1.6-litre four-cylinder engines.

Ford says it has three reports of fires: Two at the factory and one while a customer was driving an Escape. No one has been injured.

The recall affects 11,500 Escapes in the U.S. and Canada. Only 4,800 have been sold to customers.

THE ASSOCIATED PRESS

Travel

Air Transat, Via Rail strike partnership

Air Transat and Via Rail Canada are streamlining their service schedules in hopes of encouraging travellers to buy tickets that combine both modes of transport.

In a release issued Thursday, the companies said they're hoping the partnership will encourage Canadians to take advantage of both air and rail travel.

Air Transat said in June that it is looking to reduce costs and differentiate its offering after plans to turn a profit this year were dashed by a large loss in the key winter period. The company posted a loss of $13.2 million, or 35 cents per share, in the second quarter.

THE CANADIAN PRESS

Rising bank fees turning Canadians off

Survey. Percentage of customers satisfied by the performance of their bank drops steeply from last year

Canadian bank customers surveyed in an annual poll are less satisfied with their financial institutions than they were a year ago, at least partly due to the rising fees they're being charged.

The survey from J.D. Power and Associates, released Thursday, found that the percentage of customers who say they will "definitely" reuse their bank in the future declined by four percentage points since a year ago.

And the number of respondents who said they would "definitely" recommend their bank dropped five percentage points from last year.

At least part of the rising discontent was tied to a greater number of customers who have been slapped with higher fees, with 27 per cent of respondents saying their charges went up this year, compared with 17 per cent in 2011. Many of the respondents also said they had a lower overall opinion of the reliability and financial stability of their banks.

Satisfaction with online banking slid eight percentage points over last year, mostly due to problems navigating websites, and a lack of some services.

On the upside, customers said they were largely happy with financial advisers at the banks, though this is the first time the survey asked respondents about them.

The annual J.D. Power survey polled 12,000 Canadians who use either banks or credit unions. Included were the big five Canadian banks — Royal Bank, Scotiabank, CIBC, Bank of Montreal and TD Bank — the highest rated out of the five banks. THE CANADIAN PRESS

Frustration, confusion

"Not only are customers frustrated with changes to their fee structure, but many are also confused by the changes."

Lubo Li, senior director of financial services at J.D. Power

Indian Suzuki factory shut down after deadly riot

Security guards stand near a burnt-down reception block of Maruti Suzuki's factory in Manesar, near New Delhi on Thursday. India's largest passenger carmaker shut the 550,000-vehicle-a-year plant — one of two factories in India — after rioting sparked by a labour dispute killed one person and injured dozens of others. The company is still trying to identify the body found charred beyond recognition in a conference room. Labour unrest is a growing concern in India, as soaring inflation squeezes worker salaries even as mass media and conspicuous consumption stoke aspirations. The widespread use of contract workers by companies eager to sidestep India's strict labour laws adds to friction. SAURABH DAS/THE ASSOCIATED PRESS

Q2. Consumer-debt growing slower than in 11: Study

Consumer debt growth was about 30 per cent lower in the second quarter than a year earlier — the biggest slowdown since before the recession, according to a consumer credit study released Thursday.

Equifax Canada's quarterly consumer credit trends report found that consumer indebtedness, excluding mortgage debt, grew 3.1 per cent year-over-year in the second quarter, down from 4.4 per cent in the same period of 2011.

The study also found that high-interest credit card debt fell by 3.8 per cent in the quarter and consumer bankruptcies were down 4.5 per cent from a year earlier. Meanwhile, bank loans and lines of credit showed very moderate growth compared to a year ago. And while consumers continued to take on debt, it is encouraging that the rate of acceleration is moderating significantly, said Nadim Abdo, vice-president of consulting and analytical services at Equifax Canada.

THE CANADIAN PRESS

Canadians warming up to single-serve coffee machines

Watch out, Tim Hortons and Starbucks.

The coffee industry's push to sell machines that make single-serve specialty brews have upped the amount of java Canadians are drinking at home.

Coffee drinkers average two cups per day and two-thirds of them are brewing some of their drinks at home, said Robert Carter, executive director of food service at the NPD Group, on Thursday.

A new report, "What's Brewing in the Canadian Coffee Market: A Consumer Perspective," suggests auto-drip coffeemakers are still dominant for in-home, morning preparation but single-serve machines are being revved up in the afternoons, evenings and later at night.

Over a quarter of Canadian coffee drinkers (27 per cent) said they sip coffee at home more than they did last year, and the same percentage stated they now consume the beverage less when they're out.

Coffee shops are not in hot water yet, however. Canadians still love to go out for coffee, especially to quick-serve restaurants in the morning for a cup of joe and a breakfast sandwich.

THE CANADIAN PRESS

Brewing research

When Canadians visit their local coffee houses, 80 per cent buy a quick brew rather than an espresso or an espresso-based beverage.

- Specialty hot espresso-type beverages are more popular during the morning and afternoon break periods, Carter said, adding there were 390 million servings sold last year, an eight per cent growth over the previous year.

RAISING ONE FOR THE TEAM

THE LIST
Neil Morton
Metro

1 **Flag raiser.** Our Canadian athletes take to the world stage starting next week at the Summer Olympics in London. Veteran triathlete and two-time Olympic medallist Simon Whitfield from Victoria, B.C., will be the Canadian flag bearer for the opening ceremony. You can follow the team on Twitter @CDNOlympicTeam. Go Canada go!

2 **Carrie Underwood surprise.** Restaurant-goers (myself included) at a pub in Peterborough, Ont., got quite the shock Saturday night when country-music star Carrie Underwood walked in with her hubby, NHL player Mike Fisher. Fisher's brother had tied the knot earlier that day, and a big group from the wedding reception — including the famous couple — showed up there to party. And, no, she didn't sing for us.

3 **The Dark Knight Rises.** Holy hype, Batman! RottenTomatoes.com for the first time in its history was forced to block users from making comments on a film this week after critics received threatening comments for writing negative reviews about the movie. "It just got to be too much hate based on reactions to reviews of movies that people hadn't even seen," said the site's editor. The film opens Friday.

4 **Microsoft marketplace.** Microsoft is opening a new retail location at the Yorkdale mall in Toronto in the fall, the site of its first international retail expansion. Apparently the city has the right demographics for the company — a solid mix of families and tech enthusiasts. They do have some stiff competition in the mall, however: an Apple store.

5 **The Bachelorette finale.** The season finale airs this Sunday, and fans are speculating about whether Emily will choose Arie or Jef. Or whether she'll choose neither. Or whether she'll choose both? Hey, she can't do that! Speculation is it's Jef. In any case, several of Emily's castoffs will rebound on The Bachelor Pad, which premieres Monday.

6 **Vancouver's congestion.** Vancouver is Canada's most traffic-congested city — second only to Los Angeles in North America, according to a congestion index. Vancouver drivers take on average 30 per cent longer to make a trip at congested times than when roads and highways are free-flowing. Toronto was ninth at 22 per cent. Now I feel so much better commuting on the 401.

7 **Springsteen and McCartney.** Concert organizers pulled the plug on the music legends after they played past their sound curfew at London's Hyde Park. They were on stage together and about to complete the show when their microphones went silent. If I'm singing, you pull the plug right away. If it's The Boss with a Beatle, you never pull it.

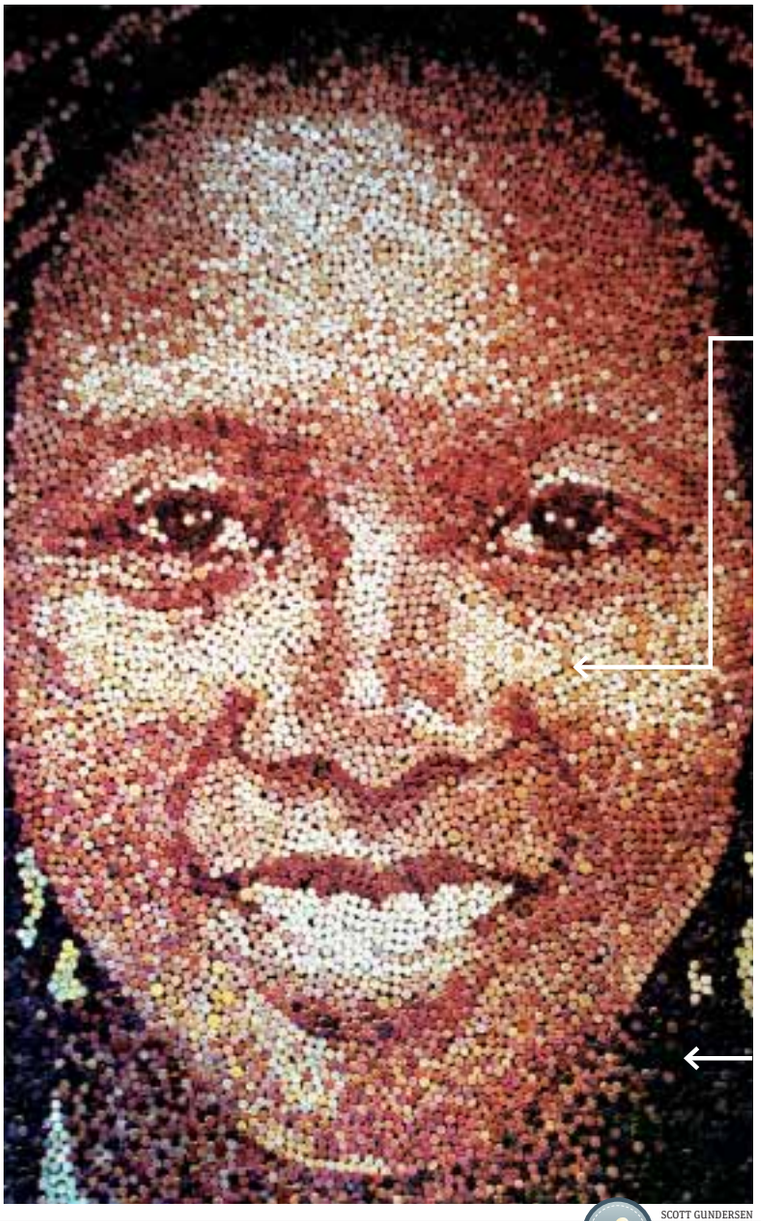
8 **Marissa Mayer, CEO.** Previously one of the top executives at Google, she was announced as the new CEO of Yahoo this week, making her one of the most powerful women in corporate America. Shortly after tweeting "I'm incredibly excited to start my new role at Yahoo! tomorrow," she tweeted another surprise: "Another piece of good news today - @zackbogue and I are expecting a new baby boy!" Girl power!

9 **Setting off the censor.** Forty-one-year-old Jonah Falcon was stopped by security at San Francisco International Airport last week because of a bulging "package" in his pants. Turns out it wasn't a weapon — but rather his anatomy. Yes, he's the world-record-holder for largest recorded penis: nine inches flaccid, 13.5 inches erect. Now this is one thing guys would be willing to be stopped for.

10 **Rich Kids of Instagram.** A Tumblr blog called The Rich Kids of Instagram has started up, which shows photos of rich kids from the likes of the Hamptons, Beverly Hills and the Big Apple doing things rich kids do — like flying in private planes and driving fancy cars. They're the children of the one per cent. Follow them on Twitter as well at @richkidsofinsta.

11 **Fifty Shades of Grey effect.** Total E-Bound Publishing has introduced Clandestine Classics — with literary gems such as Jane Eyre and Pride and Prejudice getting an erotic makeover — believing there is an untapped market among a new generation for racy versions of the 19th-century novels by the likes of Charlotte Brontë and Jane Austen. Enough already with the Fifty Shades of overreaction!

Put a cork in it — or several ...



SCOTT GUNDERSEN

'Up-cycling' portraiture

Wine corks used to create art

Anyone who truly loves wine will know about that insatiable desire to collect corks of your favourite bottles of red and white wine. Yet hoarding all those pieces of tree bark for sentimental value could be a sign of a pretty mischievous habit.

Here, artist Scott Gundersen shows how to use those corks to beautiful effect. The 33-year-old "up-cycles" thousands of used wine corks into amazing portraits. The portrait Grace, pictured, is made up of a staggering 9,217 wine corks and almost double that amount in nails, which hold the corks in place.

METRO

Q&A

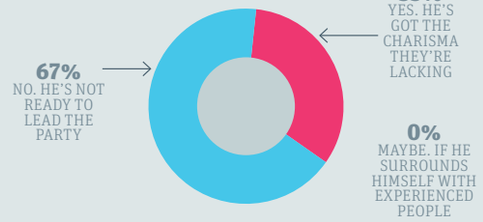
An eye for colour

Do you have to paint the corks?
That would be a terribly time-consuming thing, so I use the wine-tainted corks exactly as they are, with one exception. My Rwandan friend Grace, the subject of this portrait, has dark black hair and it is very difficult to find corks dark enough to replicate that. So to have enough dark corks I bought some wine that creates a very dark stain. I boiled it on the stove to concentrate the colour and then dyed a batch of corks before placing them onto my nail board.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Could Justin Trudeau save the Liberals?


33%
YES. HE'S GOT THE CHARISMA THEY'RE LACKING
67%
NO. HE'S NOT READY TO LEAD THE PARTY
0%
MAYBE. IF HE SURROUNDS HIMSELF WITH EXPERIENCED PEOPLE

Twitter

@LeJanelle:
I'm pretty sure Circle Drive just turned into an ocean. Maybe there will be squid. STOP HONKING, THERE COULD BE SHARKS!!! #yxe

@erica_ck:
Thunder...nature's alarm clock! #yxe

@BeaMeUp:
Do you want an umbrella? Nope, I'll be fine. #DumbestThingsEverSaid #yxe

@jChris:
Everyone in #yxe is awake now right? No snooze button on thunder.

@stephenlshore:
I wonder if any of the #PNWER delegates to beautiful #YXE .... ride #Harleys?

@BShutiak18:
Annnnd the sweating begins! Stay cool my friends #hotnhumid #prairieproblems #yxe

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2

SCENE

Scene in brief

Fred Willard caught in lewd act?

Actor Fred Willard, perhaps best-known as a dog-show announcer in the movie Best in Show, has been arrested on suspicion of committing a lewd act at a Hollywood adult theatre. Los Angeles police Sgt. Mark Ro says uniformed vice officers were conducting a routine investigation of the theatre shortly before 9 p.m. Wednesday and saw Willard engaging in a lewd act. Ro says Willard appeared to be alone. The 72-year-old actor was booked at the Hollywood police station on suspicion of committing a lewd act in public. Ro says Willard was released after midnight without posting bail.

THE ASSOCIATED PRESS

On the web

Thieves stealing giant David Hasselhoff ads outside New England convenience stores

The final installment of Chris Nolan's Batman trilogy is missing one thing — a great villain. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Bring on the bad guys

The Dark Knight Rises. The finale in the Nolan trilogy is reminiscent of the beginning — but it needs a better villain

Richard: Mark, this story seemed like it played out in real life on our streets, albeit without capes, gadgets and murderous villains. When Selina purrs "You're all going to wonder how you ever thought you could live so large, and leave so little for the rest of us," into Bruce's ear, it sounds ripped from the headlines. Such is the timeliness of the film, but is this is a summer blockbuster, or a treatise on the haves and the have-nots?

Mark: The movie comes out squarely on the side of law, order, and social hierarchy. Chris Nolan is smart enough to know that if he wants to make blockbusters he isn't going to get financing from the 99 per cent. So the politics of the film are a bit confused, but the rest of it works. It's smart, if a bit talky, and beautifully cast. The big question is: Is it as good as The Dark Knight?

RC: I think it is more easily comparable to Batman Begins. Both those movies have the same kind of tone. As for The Dark Knight, I'd have to say it's as good, but in a different way. It's a more structured, linear film, mainly because the villain is more straightforward. Bane is a troublemaker — he's one part modern day terrorist, two parts Attila the Hun — but he lacks the Joker's unpredictability, which is the thing that made the middle movie such a treat.

MB: Yes, what's missing from this film is a great villain. It's hard to enjoy Bane through his face mask — Darth Vader he's not. Instead of The Joker, we now have The Mumbler. And many of the characters' motivations seemed unclear to me, especially Catwoman, although I liked Anne Hathaway in the role. She gets the best lines AND the best outfits. But it's Joseph Gordon-Levitt that really occupies the heart of the movie. He's the only one that seems human in it, so kudos to him.

RC: Agreed about Gordon-Levitt but I liked Bane's slightly nutty Shakespearean villain, even if some of his dialogue ended up sounding like a garbled mixture of drunken whispers and baby talk. Also, Hathaway, for my money, rocks it.

MB: She usually does, doesn't she ... If I seem a bit unenthusiastic about the movie, it's just that the last Batman was darn near perfect. It's a tough act to follow, but a few more action sequences and a more focused story would have helped.

Synopsis

Eight movie years have passed since Batman (Christian Bale) last donned the cape. He's become a recluse, having assumed responsibility for District Attorney Harvey Dent's crimes in the hopes that if the Dent anti-crime act worked Gotham would be peaceful. It was successful until a cat burglar named Selina Kyle (Anne Hathaway) put into motion a series of events that would draw the caped Crusader from retirement to fight his mightiest foe yet, Bane (Tom Hardy).

- Richard: ●●●●○
- Mark: ●●●○○

NEED A RIDE?
Read metrodrive every Wednesday.

The best that television has to offer

Actress Kerry Washington, left, and comedian Jimmy Kimmel announce nominees on Thursday for Outstanding Host for a Reality or Reality-Competition Program during nominations for the upcoming Emmy Awards . CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Emmy Awards. 2012 Emmy nominations announced Thursday

NED EHRBAR
MWN in Hollywood

Nominations for the annual Emmy Awards, honouring the best in television, were announced Thursday, with cable TV dominating the field once again. Perennial awards favourite HBO dominated, picking up a staggering 81 nominations for series like Boardwalk Empire, Game of Thrones and Veep as well as movies and miniseries like Hemingway and Gellhorn, which earned 15 nominations alone.

Meanwhile, cable series American Horror Story, from FX, and Mad Men, from AMC, tied for the most nominations for a single program, earning 17 each. The Emmys will be awarded during a live broadcast in Los Angeles on Sept. 23, with Jimmy Kimmel hosting.

Here's a look at who's up for Emmys this year.

Comedy Series

- The Big Bang Theory (CBS)
- Curb Your Enthusiasm (HBO)
- Girls (HBO)
- Modern Family (ABC)
- 30 Rock (NBC)
- Veep (HBO)

Comedy Actor

- Jim Parsons, The Big Bang Theory
- Larry David, Curb Your Enthusiasm
- Don Cheadle, House of Lies
- Louis C.K., Louie
- Alec Baldwin, 30 Rock
- Jon Cryer, Two and a Half Men

Comedy Actress

- Lena Dunham, Girls
- Melissa McCarthy, Mike & Molly
- Zooey Deschanel, New Girl
- Edie Falco, Nurse Jackie
- Amy Poehler, Parks and Recreation
- Tina Fey, 30 Rock
- Julia Louis-Dreyfus, Veep

Drama Series

- Boardwalk Empire (HBO)
- Breaking Bad (AMC)
- Downton Abbey (PBS)
- Game of Thrones (HBO)
- Homeland (Showtime)
- Mad Men (AMC)

Drama Actor

- Steve Buscemi, Boardwalk Empire
- Bryan Cranston, Breaking Bad
- Michael C. Hall, Dexter
- Hugh Bonneville, Downton Abbey
- Damian Lewis, Homeland
- Jon Hamm, Mad Men

Drama Actress

- Glenn Close, Damages
- Michelle Dockery, Downton Abbey
- Julianna Margulies, The Good Wife
- Kathy Bates, Harry's Law
- Claire Danes, Homeland
- Elisabeth Moss, Mad Men

Reality Program

- Antiques Roadshow (PBS)
- Jamie Oliver's Food (ABC)
- MythBusters (Discovery Channel)
- Shark Tank (ABC)
- Undercover Boss (CBS)
- Who Do You Think You Are? (NBC)

Reality-Competition Program

- The Amazing Race (CBS)
- Dancing With The Stars (ABC)
- Project Runway (Lifetime)
- So You Think You Can Dance (FOX)
- Top Chef (Bravo)
- The Voice (NBC)

Miniseries or TV Movie

- American Horror Story (FX)
- Game Change (HBO)
- Hatfields & McCoys (History)
- Hemingway & Gellhorn (HBO)
- Luther (BBC America)
- Sherlock: A Scandal In Belgravia (PBS)

Lead Actor

- Woody Harrelson, Game Change
- Kevin Costner, Hatfields & McCoys
- Bill Paxton, Hatfields & McCoys
- Clive Owen, Hemingway & Gellhorn
- Idris Elba, Luther
- Benedict Cumberbatch, Sherlock: A Scandal In Belgravia

Lead Actress

- Connie Britton, American Horror Story
- Julianne Moore, Game Change
- Nicole Kidman, Hemingway & Gellhorn
- Ashley Judd, Missing
- Emma Thompson, The Song of Lunch

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 20 TO THURS., JULY 26. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Ice Age: Continental Drift PROVIDED

Broadway Theatre
715 Broadway Ave., 306-652-6556

Call Theatre For Showtimes (STC) Fri
China Heavyweight (G) Sat 9:30 Sun 7 Mon 9:30 Tue 7 Wed 9:30 Thu 7
Intouchables (PG) Sat 7 Sun 9 Mon 7 Tue 9 Wed 7 Thu 9
Cineplex Odeon Centre
3510 8th St. East, 306-955-1938
The Amazing Spider-Man 3D (PG) Fri-Sun 12:50-3:50-6:50-9:50 Mon-Thu 3:50-6:50-9:50
Brave (G) Fri-Sun 12-2:25-4:50-7:15-9:35 Mon-Thu 2:25-4:50-7:15-9:35
The Dark Knight Rises (PG) No Passes Fri-Sun 11:45-2:45-3:25-6:30-7:05-10:05-10:45 No Passes Mon-Tue 2:45-3:25-6:30-7-10-10:30 No Passes Wed-Thu 2:45-3:20-6:30-7-10-10:30
Ice Age: Continental Drift (STC) No Passes Fri-Sun 1-3:20-5:40-8:10-10:25 No Passes Mon-Thu 3:30-5:45-8:10-10:25 Star & Strollers Screening, No Passes Wed 1
Katy Perry: Part of Me (G) Fri-Thu 9:55
Madagascar 3: Europe's Most Wanted (G) Fri-Sun 12:30-3-5:15-7:35 Mon-Thu 3-5:15-7:35
Ted (14A) Fri-Sun 12:10-2:35-5:10-7:45-10:20 Mon-Thu 2:35-5:10-7:45-10:20

Galaxy Cinemas Saskatoon
347 2nd Ave. South, 306-664-5060

The Amazing Spider-Man (PG) Fri-Sun 12:30-3:50-7-10:15 Mon 12:30-3:50-10:15 Tue 12:30-3:50-7-10:15 Wed 12:30-3:50-7-10:05 Thu 12:30-3:50-7-10:10
The Amazing Spider-Man 3D (PG) Fri-Tue 1:15-4:25-7:35-10:50 Wed-Thu 1:15-4:25-7:35-10:40
André Rieu's 25th Anniversary Hometown Concert (STC) Wed 7
Brave (G) Fri-Thu 12:15
Brave 3D (G) Fri-Tue 2:45-5:15-7:50-10:20 Wed 2:45-5:15-10:30 Thu 2:45-5:15-7:50-10:20
The Dark Knight Rises (PG) No Passes Fri 2-2:30-3:10-5:50-6:20-6:50-9:30-10-10:30 No Passes Sat 11-2-2:30-3:10-5:50-6:20-6:50-9:30-10-10:30 No Passes Sun-Tue 2-2:30-3:10-5:50-6:20-6:50-9:30-10-10:30 No Passes Wed-Thu 1:45-2:15-2:55-5:35-6:05-6:35-9:15-9:45-10:15 No Passes Fri-Tue 12-3:40-7:20-11 No Passes Wed 11:45-3:25-7:05-10:45 No Passes Thu 11:45-3:25-7-10:45
Ice Age: Continental Drift (STC) No Passes Fri 11:55-2:20-4:50-7:15-9:40 No Passes Sat 11:15-11:55-2:20-4:50-7:15-9:40 No Passes Sun-Thu 11:55-2:20-4:50-7:15-9:40
Ice Age: Continental Drift 3D (STC) No Passes Fri-Tue 12:35-2:55-5:20-7:45-10:10 No Passes Wed-Thu 12:35-3-5:20-7:45-10:10
Madagascar 3: Europe's Most Wanted (G) Fri-Tue 12:05 Wed-Thu 12
Magic Mike (14A) Fri-Tue 2:15-5-8-10:40 Wed-Thu 2:10-5-8-10:35
Savages (18A) Fri-Thu 1:30-4:35-7:25-10:25
Star Trek: The Next Generation 25th Anniversary Event (G) Mon 7:15
Ted (14A) Fri-Tue 12:10-2:50-5:25-8:05-10:45 Wed 12:10-2:50-8:05-10:40 Thu 12:10-2:50-5:25-8:05-10:40
Teenage Mutant Ninja Turtles (PG) Sat 11

Roxy Theatre
320 20th St West, 306-955-8642

Edwin Boyd (PG) Fri 9:20 Sat-Sun 3:20-9:20 Mon-Thu 9:20
Headhunters (18A) Sat-Sun 3:30
Moonrise Kingdom (PG) Fri 7:10-9:10 Sat-Sun 1:10-7:10-9:10 Mon-Thu 7:10-9:10
To Rome With Love (PG) Fri 7 Sat-Sun 1-7 Mon-Thu 7
Rainbow Cinemas Saskatoon
The Centre at Circle & 8th, 306-955-8642
The Best Exotic Marigold Hotel (G) Fri-Thu 1-4-7-9:45
Dark Shadows (PG) Fri-Thu 7:15-9:40
Dr. Seuss' the Lorax (G) Fri-Thu 2-4:35
The Hunger Games (PG) Fri-Thu 12:45-3:50-7:45
Men in Black 3 (PG) Fri-Thu 1:50-4:40-7:05-9:30
Rock of Ages (PG) Fri-Wed 1:20-4:20-7:10-9:50 Thu 4:20-7:10-9:50 Thu 1
Snow White and the Huntsman (PG) Fri-Thu 1:10-4:10-6:50-9:35
That's My Boy (14A) Fri-Thu 1:30-4:35-7:25-9:55
What to Expect When You're Expecting (PG) Fri-Thu 1:40-4:30-6:55-9:25

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Demi Moore. ALL PHOTOS GETTY IMAGES

Demi's kids won't 'completely abandon her': Source

While Demi Moore's relationship with her daughters Rumer, Scout and Tallulah Willis may be strained, they're certainly not as bad as Radar Online has reported.

Earlier this week, the website claimed the three girls were "seriously considering talking about a restraining order against Demi to stop her from contacting them," while a source tells the site that "Demi has been calling them incessantly and emailing them, leaving them tearful messages and begging them to call her, and the girls are sick of it."

But another source tells Us Weekly that things aren't that bad.

"It's true they're not all hunky-dory, getting along like they used to, but they're not about to go to those extremes," the source says.

"They love their mom at the end of the day, and they're never going to completely abandon her."

U.S. restaurant's anti-gay stance doesn't sit well with Helms

Office star Ed Helms is officially boycotting Chick-fil-A, claiming the U.S. restaurant chain's anti-gay stance has caused him to lose his appetite.

Helms is responding to a statement issued by Chick-fil-A president Dan Cathy ... who recently told a Christian publication that when it comes to accusations his company is actively opposed to gay marriage, Chick-fil-A is "guilty as charged."

Cathy claims his chicken people support the "biblical definition of the family unit."

In fact, Chick-fil-A reportedly donated nearly $2 million towards religious groups that oppose gay marriage in 2010 alone. The comments clearly didn't sit well with Helms ... who tweeted, "Chick-Fil-A doesn't like gay people? So lame. Hate to think what they do to the gay chickens! Lost a loyal fan."

Helms ain't alone ... the gay rights campaign NOH8 — supported by stars like Miley Cyrus, Lindsay Lohan and the Kardashians — has also called for a Chick-fil-A boycott.

The Word

Frankel's marriage on the upswing

MONICA WEYMOUTH
scene@metronews.ca

After only two years, Bethenny Frankel's marriage to Jason Hoppy was rumoured to be all but over. But now, the reality star says they're back on track after a rough patch earlier this year — well, probably.

"I think we have what it takes to make it work," Frankel tells People. "I don't have a backup plan. It's not like shopping for shoes and getting a new pair. That's not what it's about."

Frankel doesn't, however, gloss over their problems. "We've been scared," she admits. "The second year of marriage was not easy. We hit bottom, (but) we came out the other side."

We're impressed that they're working things out — especially when you consider what "rock bottom" means to someone whose resumé includes both Real Housewives and Skinnygirl Margaritas.

In lovelier news

We didn't mean to bum you out with crumbling reality TV marriages and Splenda-laced tequila. Let's check in with shiny happy couple Ryan Reynolds and Blake Lively, shall we?

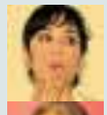
"Blake and Ryan are so in love with each other," a source tells Radar Online.

"They're really cute and sweet and they're always talking about how they want to be together forever."

It's not the first time marriage rumours have surrounded the fairly new couple.

Earlier this week, Lively was cited as Reynolds' "wife" in a police report after the couple filed a complaint against a photographer.

Twitter



@SarahKSilverman
Trying to get funding for my passion project: a remake of Newsies w all 45 year olds.

@TheRealRoseanne
shall i eat a nyc hot dog? even tho veggietarian i crave one and a cig

@Joan_Rivers
Starbucks is opening a branch inside a funeral home. Coffee? Really? Aren't people jittery enough around dead bodies.

@ConanOBrien
I suspected the U.S. Olympics team uniforms were made in China when I noticed the pants didn't have a cup holder.

Liquid Assets

The taste of summer in a wine bottle

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.cca

It's summertime and while the drinking may seem easy, divorcing Tom Cruise could prove simpler than finding a wine to match casual, warm afternoon dining.

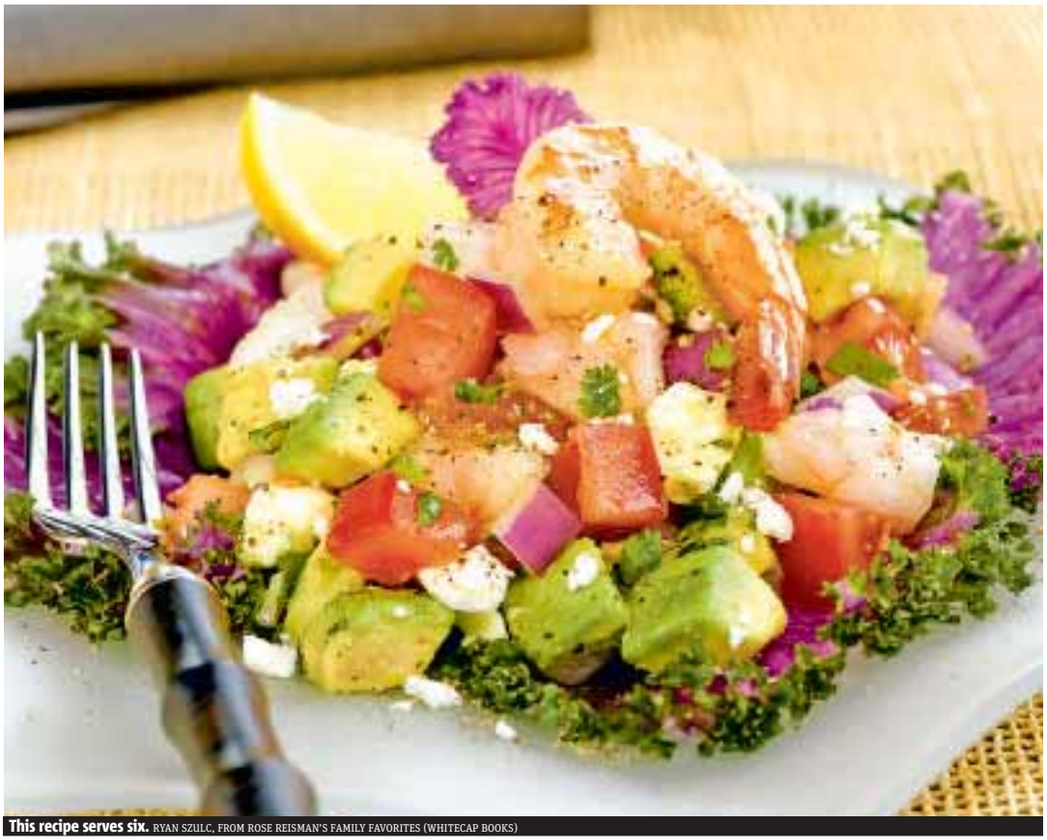
Of course while it all depends on the menu, most seasonal midday eats on my back deck are light and refreshing with a typical foundation of greens or something from the sea.

Though I hate being a weather wine snob, except for a fruity Pinot noir or gamay-based red (which I can chill), I'm all about whites this time of year. That's especially true for something fresh and zesty to match with salads (as long as I take it easy on the dressing), shellfish and simple chicken dishes.

Pinot grigio produces some great all-purpose wines in regions all over the world. But if you prefer a white with a tad more weight (but not gobs of wood or heavy fruit), reach for a glass of New Zealand sauvignon blanc.

Villa Maria Private Bin 2011 Sauvignon Blanc ($18.99 - $23.19) has all the grassy, gooseberry personality that's the hallmark of the grape accompanied by some food-friendly, lip-smacking acidity that, to put it simply, tastes like liquid summer.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Warm-weather medley

Shrimp, Avocado and Feta Salad. This delicious combination is ideal for a light lunch on the patio

ROSE REISMAN
for more, visit
rosereisman.com

Dice the avocado just before you're ready to serve the salad, or squeeze some lemon juice over it to prevent browning if you prepare it earlier in the day.

Always be sure to weigh your shrimp after it's been peeled. For each pound of peeled shrimp you need to purchase approximately 1¼ pounds of shrimp in the shell.

1. Spray non-stick skillet with cooking oil; place over medium-high heat. Cook shrimp just until pink, 3 minutes. Remove from the heat, cool and dice.

2. Combine shrimp with remaining ingredients in a large serving bowl and mix well. Serve immediately.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Nutritional analysis

- 229 calories; 19 g protein; 13 g fat; 3.6 g saturated fat; 6 g carbohydrates; 127 mg cholesterol; 334 mg sodium; 2.6 g fibre

Ingredients

- 12 oz large shrimp, peeled and deveined
- 3 cups diced and seeded plum tomatoes
- 1 cup diced ripe avocado
- 1/3 cup chopped cilantro or parsley
- 1/4 cup diced red onion
- 1/2 cup crumbled light feta cheese
- 2 tbsp olive oil
- 2 tbsp freshly squeezed lemon juice
- 1½ tsp minced fresh garlic
- 1 tsp minced jalapeño pepper or 1 tsp hot sauce
- pinch salt and freshly ground black pepper

Panzanella salad meets seafood paella

1. Heat grill to medium-high.

2. Vinaigrette: In bowl whisk olive oil, lemon juice and garlic. Season with salt and pepper.

3. Bread: In another bowl whisk olive oil, garlic powder, oregano and salt. Cut sourdough into thick slices. Use pastry brush to coat both sides of each slice with the oil mix.

4. Shrimp: In another bowl whisk olive oil, lemon juice and black pepper. Add the shrimp and toss to coat evenly.

5. Add bread to grill and toast 2 mins. per side. With tongs arrange shrimp on other side of grill. Cook 2 minutes per side.

6. Remove bread and cut into bite-size cubes. Transfer bread and cooked shrimp to serving bowl. Add tomatoes, avocados and onion, gently toss. Drizzle with the vinaigrette, toss again. Serve. **THE ASSOCIATED PRESS**

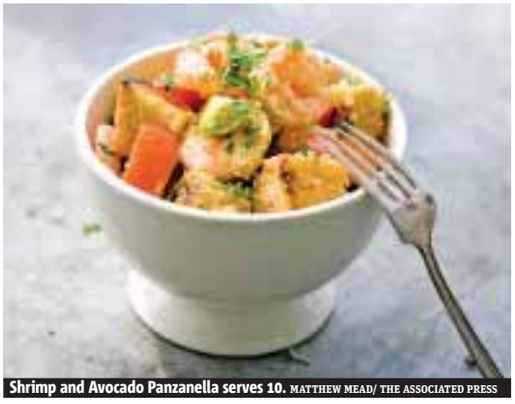
Ingredients

Vinaigrette
- 2/3 cup olive oil
- 1/3 cup lemon juice
- 4 cloves garlic, minced
- Salt and ground black pepper

Bread
- 1/3 cup olive oil
- 1 tsp each garlic powder, dried oregano, salt
- 20-oz loaf sourdough bread

Shrimp
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 1 tbsp ground black pepper
- 1 lb extra-large shrimp

Salad
- 2 each large tomatoes and avocados, cored and diced
- 1 small red onion, diced



Shrimp and Avocado Panzanella serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

3 LIFE

Survey

Canadians want more info

Canadians want more nutritional information about menu items at all restaurants, not just fast-food eateries, according to a recent survey.

Two-thirds of Canadian adults said they liked the idea of seeing information about fat and sodium levels at all restaurants. And women were most likely to indicate such a preference, the Harris/Decima research showed.

About 65 per cent of the Canadians polled between the ages of 35 to 44 supported having the information, as did 71 per cent of those 45 to 54, and 53 per cent of those aged 55 to 64.

THE CANADIAN PRESS

On the Web

Shucked oysters garnished with cucumber-dill fresca special for parties

Cottage cheese isn't a bland, ho-hum diet food anymore

Cottage Cheese Pie
This recipe serves 8. THE ASSOCIATED PRESS

Could there be a food more heavily burdened with a dull reputation? Turns out that like so many foods today, this aged icon of the fat-free diet movement has been getting the artisanal treatment by cheesemakers around the country, giving fresh life to a food most of us haven't thought about in decades.

1. Heat the oven to 350 F. In a medium bowl, use an electric mixer to beat together 1/2 cup of cottage cheese, butter and a pinch of salt until well combined. Add the flour and beat just until incorporated.

2. Form the dough into a round and transfer to a lightly floured counter. With a rolling pin, roll out the dough into a 12-inch circle, then fit it into a 9-inch pie pan. Trim off most of the overhang, leaving about half an inch. Crimp the edge with a decorative flute or fold the excess under itself and crimp with a fork. Set the pie pan on a baking sheet and set aside.

3. In a medium bowl, whisk together the eggs, yolks and sugar until smooth and slightly frothy. Stir in the orange and lime zests and juices, along with the heavy cream and remaining cottage cheese. Spoon the mixture into the prepared pie shell and bake for 35 to 40 minutes, or until just set in the middle.

4. Allow to cool to room temperature and serve topped with fresh berries. Refrigerate any leftovers.
THE ASSOCIATED PRESS

Ingredients

- 16-ounce container cottage cheese, divided
- 1/2 cup (1 stick) unsalted butter, room temperature
- Salt
- 1 cup all-purpose flour
- 2 whole eggs
- 2 egg yolks
- 1/2 cup sugar
- Zest and juice of 1 orange
- Zest and juice of 1 lime
- 1/4 cup heavy cream
- Fresh berries, to serve

Cottage Cheese Pepper Dip. Spice up your veggies with this hot dip

Ingredients

- 16-ounce container cottage cheese
- 1/2 tsp black pepper
- Pinch cayenne pepper
- 1/4 tsp smoked paprika
- 1/2 cup chopped cherry peppers
- 1 tbsp cherry pepper liquid (from jar of cherry peppers)
- 1 tbsp diced banana peppers
- 1/4 cup diced Kalamata olives

1. In a medium bowl, stir together the cottage cheese, black pepper, cayenne, paprika, cherry peppers, cherry pepper liquid, banana peppers and Kalamata olives. Spoon the mixture evenly into a casserole or other serving dish. Sprinkle with additional paprika.

2. Serve with toasted chips, toasted baguette rounds, crackers or vegetables.
THE ASSOCIATED PRESS

The inside track on Katherine Legge

Girl's got drive.
Metro talks to one of the few women to make the top ranks of pro motor racing

KATHY ULLYOTT
life@metronews.ca

"I know I race like a girl," says a promotional slogan for Katherine Legge. "Try and keep up."

Not many can keep up with Legge, though. The 32-year-old is one of very few women in the top ranks of professional motor racing, the first woman to win the prestigious Rising Star award from the British Racing Drivers' Club and a competitor in the IndyCar Series — one of the jewels in the crown of professional racing.

Legge will be one of 26 drivers competing in this Sunday's Edmonton Indy. After that, the British native (she now lives in — where else? — Indianapolis) is off to the Indy Grand Prix of Sonoma in California. Here's an inside-track look at a self-confessed adrenalin-junkie.

Katherine Legge. HANDOUT

How did you get started?
I got started in go-karts. We went on a family vacation to Spain and my dad, my uncle and me — I was nine years old — went to one of those "fun car" places. I loved it. Back in England, Dad and I spent every weekend racing, from Friday night to Sunday night, from when I was nine to when I was 19.

When did you decide this was what you wanted to do?
I made the jump (to professional racing) when I won a scholarship to race in Formula Ford (an entry-level racing series) in 2005 when I came over to the U.S. I won my first race that year and came third overall in the Atlantics championship. That made a career possible.

Is your dad still involved?
My dad makes the trip from England to wherever I'm racing — North America, Australia, China. He's broke because of it. He can take credit for (my career success) because, yes, I've been the one driving the car but he's been the one behind me, giving me advice, propping me up and keeping me on a level ground.

Do women face particular hurdles in motor sports?
Absolutely, but it's changing. When I was on the way up, women were very much a novelty. Now there are more women in racing, and more being done to help them. FIA (Federation Internationale de l'Automobile, which governs auto-racing events around the world) has started a female racing commission.

Your fiancé, Peter Terting, is also a race-car driver. Is he as good as you?
That depends on who you ask! It's a good (thing) we don't race in the same series, because I don't think we would still be planning our wedding if that were the case.

What will you do after racing?
I haven't thought about it. I don't want to think about it. But one of my passions is letting girls and young women believe that they can be anything they want to be, that they can follow their dreams. I've just been announced as the female driver ambassador for the FIA. And I'm also an official spokesperson for the U.S. Girl Scouts' STEM program, which encourages girls in science, technology, engineering and math. When I stop racing I think I will be more active in (such activities).

Katherine Legge. HANDOUT

Have you brought any young women into the sport?
I didn't set out to be a role model, I set out to be a race-car driver. But I have had young girls come up to me at the track and say, 'I'm racing because of you,' or 'you're my hero.' I think, wow. That's a lot of responsibility right there. So I've tried to conduct myself in such a manner that shows girls that whatever they want to do, go for it.

Flyers sign Weber to offer sheet

NHL. Deal worth $100 million US over 14 years, says source, and Nashville has seven days to match Philadelphia's offer

Shea Weber is on the brink of becoming the dominant blueline force the Philadelphia Flyers desperately need.

Weber signed a staggering offer sheet with the Philadelphia Flyers and the restricted free agent could be a week away from bolting from the Nashville Predators. A person with knowledge of the decision says the Flyers signed Weber to a 14-year offer sheet worth $110 million US.

The person spoke to The Associated Press on Thursday on condition of anonymity because the Flyers hadn't announced terms of the offer.

Flyers general manager Paul Holmgren confirmed early Thursday that the Flyers did sign Weber to an offer sheet. He gave no further details. The Predators issued a statement late Thursday morning confirming they had received the Flyers' offer sheet, which gives the team seven days to make a decision on matching the deal or letting the defenceman go.

"We have stated previously that, should a team enter into an offer sheet with Shea, our intention would be to match and retain Shea," Predators general manager David Poile said. "Our ownership has provided us with the necessary resources to build a Stanley Cup-winning team. Due to the complexity of the offer sheet, we will take the appropriate time to review and evaluate it, and all of its ramifications, in order to make the best decision for the Predators in both the short and long-term."

Shea Weber. GETTY IMAGES FILE

Weber, 26, is the Predators captain and played on a $7.5-million arbitrator's award last season. He had 19 goals and 49 points along the way.

Nashville already lost free-agent defenceman Ryan Suter to Minnesota this summer, and losing Weber would be an unexpected blow to a defence-first team that had 104 points last season, took the No. 4 seed in the Western Conference and advanced to the second round of the playoffs.

Weber would fill the void left by Philadelphia defenceman Chris Pronger's absence. Pronger — a key cog in the Flyers' run to the 2010 Stanley Cup finals as a No. 7 seed — has been battling concussion problems and missed most of last season. THE ASSOCIATED PRESS

Quoted

"We didn't go actively looking for an offer sheet. But when we spoke with Philadelphia, it seemed to be a right fit there." Jarrett Bousquet, Shea Weber's agent

Adam Scott ties course record at British Open

Adam Scott of Australia plays out of rough to the 18th green Thursday at Royal Lytham and St. Annes golf club in England at the British Open. In surprisingly calm conditions, Scott raced out to the lead and almost into the record book. He stood on the 18th tee needing a birdie to break the major championship scoring record, and instead made bogey to settle for a 6-under 64. For weekend British Open results go to metronews.ca/sports. CHRIS CARLSON/THE ASSOCIATED PRESS

LACK OF GREEN BECOMING OBSCENE

A critique of the Riders' road wardrobe; Bruce blossoms with Lions; and Pierce needs to be given bench role

CFL EXTRA POINTS
Dan Toth
saskatoon@metronews.ca

Saskatchewan Roughriders: You can't blame the top-ranked Riders for wearing their new white-on-white-on-white uniforms on the road. They entered Thursday night as the only undefeated CFL club, so no need to change road gear, but the bleached visitor duds make them look like ice cream salesmen working Canada's toughest neighbourhood. What's wrong with a little green just for old time's sake?

B.C. Lions: Lions receiver Arland Bruce is thriving in B.C., thanks in part to opposing defences focusing on Geroy Simon and top-notch passing from Travis Lulay. Now Bruce needs just 20 yards receiving Friday night against Edmonton to move past former Hamilton Hall of Famer Tommy-Joe Coffey for 12th on the all-time receiving yards list.

Calgary Stampeders: It's good to see Saskatchewan finally announce plans for a new stadium for Regina in 2017 as no group of fans is more deserving. Seeing as how countless Riders fans now reside in Calgary, could the well-heeled Rider Nation also pony up a few million for renovations to aging McMahon Stadium?

Edmonton Eskimos: It's hard to believe GM Eric Tillman has said he regrets trading QB Ricky Ray to Toronto. Granted, his comments came in the wake of a blowout loss in Regina, but the Esks have since improved to 2-1 under Steven Jyles and Tillman's comments have undermined the confidence of his new starter.

Montreal Alouettes: Als fans shouldn't be too confident a new four-year contract for head coach Marc Trestman ensures the very popular bench boss remains in Montreal for the duration of his deal. It's every American coach's dream to land a job in the NFL and every CFL head man has an "out" clause in the event a team from The Show comes calling. It could happen to Trestman.

Winnipeg Blue Bombers: He struggled against Toronto Wednesday night, but it's time to anoint Alex Brink the Blue Bombers starting QB and tag Buck Pierce as the full-time backup (whenever he returns from his latest injury). Pierce has missed almost half of Winnipeg's games with injuries since 2010 (his latest is torn ligaments in his left foot). It's clear, despite his abundant talent, Pierce will never be a rugged and reliable starter in this league.

4 SPORTS

British Open

"If he could have headed it the other way, it would have been in the fairway."

Rory McIlroy cracked a joke as he recalled bouncing a tee shot off the head of 16-year-old spectator Jason Blue at hole No. 15 at the British Open. Blue, from Bristol, got a considerable bruise and an autographed glove for his troubles. In addition to an apology, McIlroy drew a smiley face on the souvenir. McIlroy did have to return some 300 yards to the tee to hit his third shot and wound up making 6, which knocked him temporarily off the leaderboard. But the No. 2-ranked Northern Irishman proceeded to birdie two of the last three holes to finish off a three-under 67 and get back within three shots of the lead held by Adam Scott of Australia.

"The most important thing was that he was OK. Because I would have felt terrible if it had been worse than what it was."

Rory McIlroy

THE ASSOCIATED PRESS

Mobile sports

Former NBA star Dennis Rodman finally met his estranged father after 42 years of separation, following an exhibition game in the Philippines. Rodman is just one of Philander Rodman Jr.'s 29 children by 16 mothers, but Rodman Jr. had been trying to see his son for a long time. Scan the code for the story.

Hayden tones down the hype for London

Swimming.
Mission, B.C., medal hopeful looks to put disappointment of past Olympics behind him

Brent Hayden during the Canadian Olympic and Paralympic swimming trials in Montreal on April 1.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Brent Hayden, a silver medallist at last year's world swimming championships, has been to two Olympics already.

They weren't much fun.

In 2004, Hayden swam poorly, which was the very least of it.

Just before the end of the Games, he found himself in the middle of an early-morning street battle between Greek police and anarchists. The then-19-year-old was pulled into the middle of it, had the boots put to him, was cuffed and eventually released. Though Canada requested some sort of official accounting, Hayden received no satisfaction.

The "riot thing" is how Hayden remembers it now.

"That put a huge damper on Athens for me," Hayden said.

Four years later, he arrived in Beijing as the biggest star of Canada's swim team, a defending world champion at the sport's glamour event — the 100-metre freestyle.

Hayden expected two medals. He made the mistake of talking about two medals — in the 100-metre and the four-by-100 relay.

He dropped out of the 200-metre freestyle in order to concentrate on the relay.

In the 100-metre, he didn't qualify for the finals.

"I got caught watching (eventual silver medallist Eamon) Sullivan. I lost focus for just that one instant and then ..." said Hayden, drifting off.

Apparently, Sullivan was thinking of Hayden, too. The Australian set a world record in that semifinal heat. Sullivan may have cost himself gold by putting out too much effort too early in order to best the Canadian who'd topped him at the world championships.

Then Hayden's relay team rolled a fourth.

It was a disappointing Olympics for Canada in the pool — they've been disappointing for some time now — and a great deal of the usual hand-wringing was directed in Hayden's direction.

"I think I paid a little too much attention to my own media hype," Hayden said. "This time, I'm basically not caring what anybody says — whether it's positive or negative."

The four intervening years have been up and down for the veteran 28-year-old from Mission, B.C.

His body started to rebel. A series of cascading injuries ended up settling in the spot that plagues most aging swimmers — his back.

Hayden now has a team of therapists and a comprehensive regimen to keep himself afloat.

"Now when my back starts acting up, I don't go into panic mode. The back used to keep me out of the pool for two or three days. Now, I get some treatment and I'm back in the water the next day."

In the weeks before arriving in London, Hayden is criss-crossing Europe looking for tune-up races. One of the other things he's learned is that the mental and physical crush of a big meet cannot be simulated in training. He needs to arrive in a winning frame of mind, rather than trying to build himself up to one on the crucial day.

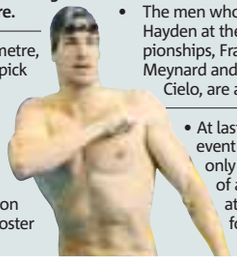
"It's important that the gears are already moving when I get there," Hayden said. "This has been a long learning process."

TORSTAR NEWS SERVICE

London favourite

Since he's a come-from-behind swimmer, Hayden is a long-shot in the 50-metre.

- But in the 100-metre, he can take his pick of rivals. The favourite is 21-year-old Australian James Magnussen, pictured, a world champion and expected poster boy for the London Games.
- The men who finished after Hayden at the world championships, France's William Meynard and Brazil's Cesar Cielo, are also in tight.
- At last year's big event in Shanghai, only six-hundredths of a second separated second and fourth.



Canada's best

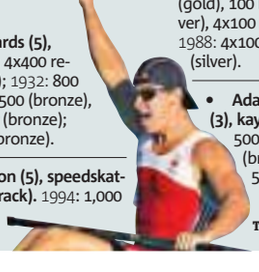
Most career medals won by a Canadian at the Olympic Games (both summer and winter):

Women:

- **Clara Hughes (6), cycling.** 1996: Individual road race (bronze), individual road time trial (bronze). **Speedskating (long track).** 2002: 5,000 (bronze); 2006: 5,000 (gold), team pursuit (silver); 2010: 5,000 (bronze).
- **Cindy Klassen (6), speedskating (long track.** 2002: 3,000 (bronze); 2006: 1,500 (gold), 1,000 (silver), 3,000 (bronze), 5,000 (bronze), team pursuit (silver).
- **Kathleen Heddle (4), rowing.** 1992: Double sculls (gold), quad sculls (bronze); 1996: Coxless pairs (gold); eights with cox (gold).
- **Marnie McBean (4), rowing.** 1992: Double sculls (gold), quad sculls (bronze); 1996: Coxless pairs (gold), eights with cox (gold).
- **Leslie Thompson (4), rowing.** 1984: Fours with cox (silver); 1992: Eights with cox (gold); 1996: Eights with cox (silver); 2000: Eights with cox (bronze).

Men:

- **Philip Edwards (5), track.** 1928: 4x400 relay (bronze); 1932: 800 (bronze), 1,500 (bronze), 4x400 relay (bronze); 1936: 800 (bronze).
- **Marc Gagnon (5), speedskating (short track).** 1994: 1,000 (bronze); 1998: 5,000 relay (gold); 2002: 500 (gold), 1,500 (bronze), 5,000 relay (bronze).
- **Victor Davis (4), swimming.** 1984: 200 breast-stroke (gold), 100 breast-stroke (silver), 4x100 medley (silver); 1988: 4x100 medley relay (silver).
- **Adam van Koeverden (3), kayaking.** 2004: K-1 500 (gold), K-1 1,000 (bronze); 2008: K-1 500 (silver).



THE CANADIAN PRESS

Tennis. Nadal a no-go to defend Olympic crown

Defending champion Rafael Nadal pulled out of the London Olympics on Thursday with an undisclosed injury, leaving the tennis competition without one of its leading stars and robbing Spain's team of its flag-bearer for the opening ceremony.

Nadal won the French Open for a record seventh time this year but has struggled with left-knee problems at times during the season. Shortly after winning his 11th Grand Slam title at Roland Garros, he lost to 100th-ranked Lukas Rosol in the second round at Wimbledon.

Nadal has not played since.

The third-ranked Nadal said Thursday he wasn't in condition to compete at the Olympic tennis tournament — which also will be held at Wimbledon.

"I have to think about my companions. I can't be selfish and I have to think of what's best for Spanish sport, especially tennis and Spanish players, and give fellow sportsmen with better preparation the chance to compete," Nadal said in a statement.

"I tried to hurry my preparations and training to the very last minute, but it was not to be."

The 26-year-old Spaniard has won two Wimbledon titles and claimed gold at the 2008 Beijing Olympics.

THE ASSOCIATED PRESS

Quoted

"This is one of the saddest moments of my career."

Spain's Rafael Nadal after pulling out of the Olympics on Thursday

Security. Officials add troops in case manpower shortages get worse

There's nearly a week to go before the Olympics kick off in London and British officials are stuck playing defence.

On Thursday, the country's Olympics secretary said 1,200 extra troops were put on standby in case embarrassing manpower shortages get any worse, while U.K. border agents announced a strike for the day before the Games begin.

The one-two punch of bad news comes with only eight days to go, unbalancing a government which might have hoped to bask in the glow of pre-Olympic buildup. By far, the most embarrassing episode has been the inability of security contractor G4S PLC to deliver on its promise to supply about 10,400 guards to help keep the Games safe — a last-minute admission that has forced the government to call in 3,500 soldiers to help meet the shortfall.

THE ASSOCIATED PRESS

Quoted

"We want to ensure the public against every eventuality. We don't expect to use them, but they will be there."

Olympic secretary Jeremy Hunt to Sky News on adding 1,200 standby troops for security

Far from a dream matchup

American Deron Williams dribbles against Great Britain during an Olympic exhibition game in Manchester, England, on Thursday. Williams netted 19 points in the 118-78 U.S. victory. STU FORSTER/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Be careful what you say today. It might offend co-workers and those in positions of power. The fact is that some people can't handle the truth, no matter how much you try to wrap it up in sugar coating.

♉ Taurus
April 21 - May 21
You seem to see plots and conspiracies wherever you look. You see way too much! Yes, it's possible that someone is planning to make life difficult for you, but more likely it's your imagination playing tricks on you.

♊ Gemini
May 22 - June 21
Do something that brings the smiles back to the faces of those you live, work and do business with. The world isn't really such a bad place. In fact at times it's a lot of fun, so stop taking life so seriously.

♋ Cancer
June 22 - July 23
Don't give up on a plan that does not seem to be making much progress. The planets indicate you are not far away from a breakthrough. If you admit defeat now, all your hard work will be wasted.

♌ Leo
July 24 - Aug. 23
The moon's eclipse of Mercury means you will find it hard to commit yourself to anything of substance today. The more others pressure you to take sides, the more you should sit on the fence. It's a safe place.

♍ Virgo
Aug. 24 - Sept. 23
You seem prone to negative thoughts at the moment, even though there is no evidence you have anything to fear. If you want to feel more secure, avoid situations where you are not fully in control of what's going on.

♎ Libra
Sept. 24 - Oct. 23
If you give way by even a small amount today, you will be expected to do it again. Before you know it, you will have lost most of what you gained in recent weeks.

♏ Scorpio
Oct. 24 - Nov. 22
The moon's eclipse of mind planet Mercury warns you may have overlooked some small but important detail. Before going any further, retrace your footsteps and see what it could be. You'll be glad you did.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to confide in a friend but the planets warn that isn't such a good idea. Some people can be awful blabbermouths and the last thing you want is for everyone to know your secrets.

♑ Capricorn
Dec. 22 - Jan. 20
It can be easy sometimes to wallow in self-pity and over the next 24 hours you will have to make a conscious effort to look on the bright side. Never forget that life is supposed to be fun.

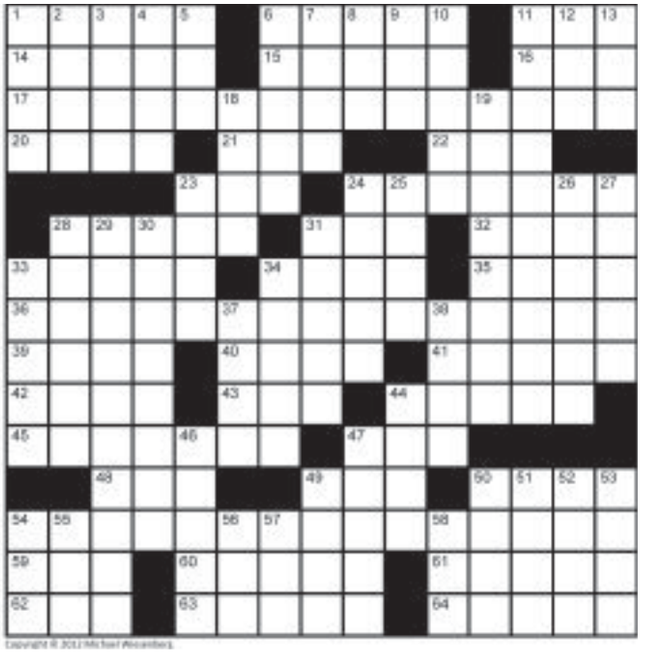
♒ Aquarius
Jan. 21 - Feb. 19
Someone in a position of power will give you a hard time today, most likely because you refuse to toe the line and do what they expect of you. Good for you. Don't let them push you around.

♓ Pisces
Feb. 20 - March 20
The reason why something no longer works for you is because times have changed but you have stayed locked in the past. What can you do to bring yourself into the 21st century? Start doing it today.

SALLY BROMPTON

Crossword: Famous Canadians

BY MICHAEL WIESENBERG



Across
1. Winnipeg-born Derek, defenceman for Jets
6. Winnipeg-born defenceman Duncan, alternate captain for Blackhawks
11. Deborah ___: Toronto-born R&B singer, songwriter, actress
14. Homer's epic
15. Shelter, as in a cove
16. DPRK neighbor
17. Raised in Vancouver wife, radio partner of Jack Benny
20. Sept-___, PQ
21. Dye brand
22. Wine: pref.
23. Chaney Sr., Jr.
24. PM #11
28. Python Michael
31. ER workers
32. ___ day: vitamin dosage
33. Sea birds
34. Bee ___: "Stayin' Alive" group
35. Lincoln et al.
36. Charlottetown-born J-Roc in *Trailer Park Boys*
39. *Trainspotting*'s Bremner
40. Formerly
41. Brief
42. Arrived
43. Fish eggs
44. Marshy
45. PM #15
47. In medias ___
48. Gat
49. And not
50. Rival rival
54. Hockey player and coach "Boom Boom" inducted 1972 into Hockey Hall of Fame after 16 years with Canadiens and Rangers
59. A Gershwin
60. Allege
61. LeBlanc who was 25th Gov. Gen. of Canada since Confederation
62. AB-born Wray who starred in *King Kong*
63. Actress Meg or Jennifer, both raised on Texada Island, BC
64. Kingston, ON-born rocker Bryan

Down
1. Winnipeg-born Kuzyk: Detective Patsy Mayo on *Hill Street Blues*
2. Israeli airline
3. Cork's place
4. Coral isles
5. "Good" cholesterol
6. Thunder Bay, ON-born *Durand of Dark Angel, Lost, X-Men Origins*: Wolverine
7. Send
8. Former Saudi king ___ Saud
9. ID ___
10. Chinese green tea
11. Toronto-born director (*Scanners, Videodrome, The Fly*)
12. Ball, buff, or cart ending
13. Classic Jaguar
18. Fe
19. Like a boat with two fewer than a dozen rowers
23. Catalog
24. *The Sun Also Rises* seductress ___ Ashley
25. Can. gas co.
26. Itsy-bitsy
27. "Café" order
28. Hawkish
29. Springhill, NS-born pop, country, adult contemporary singer
30. Pressured
31. Thick
33. Bail out
34. PQ-born one-named "werewolf" singer
37. Zeus's mate
38. Hwys.
44. Vassal
46. Decree
47. Capacious
49. Winnipeg-born Young called "Godfather of Grunge"
50. Millionaire shortstop, familiarly
51. It's bean
52. Work by Yukoner Robert W. Service
53. Sean and Yoko
54. ___ Naked: Indian-born, Winnipeg-raised punk rocker born Beth Torbert
55. Diamond stat
56. ___ Lilly
57. 128 US oz.
58. Filippo Lippi's title

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	3	5				9		
			8	7				1
7					4			5
		3	9		8		1	
	4			2			7	
	2		1		7	3		
3			7					4
6				8	2			
		7				8	5	

Yesterday's Sudoku

6	7	2	1	4	8	5	3	9
3	4	8	5	7	9	1	6	2
1	9	5	2	3	6	8	7	4
9	8	1	6	2	7	4	5	3
2	3	7	4	9	5	6	1	8
5	6	4	3	8	1	9	2	7
8	1	9	7	5	3	2	4	6
7	2	6	8	1	4	3	9	5
4	5	3	9	6	2	7	8	1

Sharability

easy — hard

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$100 = Feed a mother and child for five months

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